

Acne Skincare Checklist

A gentle, practical checklist for caring for acne-prone skin without over-washing, irritating or picking at it.

Gentle Daily Routine

- Cleanse twice a day with a mild, non-stripping cleanser
- Use lukewarm water and your fingertips, not rough cloths
- Pat skin dry gently instead of rubbing
- Apply a lightweight, oil-free, non-comedogenic moisturizer
Hydrated skin copes better with acne treatments.
- Use a broad-spectrum sunscreen every morning
- Cleanse again after heavy sweating or workouts

Ingredients That Help

- Try benzoyl peroxide to target acne-causing bacteria
- Consider salicylic acid to help unclog pores
- Look at adapalene, an over-the-counter retinoid, for breakouts
- Choose products labeled non-comedogenic or oil-free
- Introduce one active ingredient at a time
This makes it easier to see what helps and avoid irritation.
- Give any treatment several weeks before judging it

Avoid What Irritates Skin

- Skip harsh scrubs and rough exfoliating tools
- Avoid stacking too many strong actives at once
- Steer clear of heavy, pore-clogging oils and creams
- Cut back on alcohol-heavy toners that over-dry skin
- Stop a product if it causes burning or persistent redness
Some mild dryness is normal early on; severe irritation is not.

Helpful Everyday Habits

- Avoid picking, squeezing or popping spots
Picking can worsen inflammation and lead to scarring.
- Do not over-wash; twice a day plus after sweating is enough
- Keep hands away from your face during the day
- Clean your phone screen and change pillowcases often
- Remove makeup before bed and choose non-comedogenic products
- Wash hair regularly if it is oily and touches your face

When to See a Dermatologist

- Book a visit for moderate to severe or widespread acne
- Seek help for painful, deep or cystic breakouts
- See a professional if acne is leaving scars or dark marks
- Get advice if there is no improvement after about two months of care
A dermatologist can offer stronger, tailored prescription options.
- Mention any acne affecting your confidence or mood

○ Important: this is general information, not medical advice

There is no guaranteed cure; see a dermatologist for persistent, severe or scarring acne.